

The influence of important adults to the formation of health value for school children

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Abstract

© 2018 Transilvanian Association for the Literature and Culture of Romanian People (ASTRA). The task of forming a stable system of life priorities, in which one of the leading places rightfully belongs to the values of a healthy lifestyle, its active implementation and dissemination, becomes vital, especially if seen from the angle of the increase in provocative influences on the younger generation, the loosening up of vital values, the creation of conditions for the formation of the destruction of the individual. In this regard, both theory and practice face the problem of the lack of psychological and pedagogical support of the process of forming the value of the healthy life expectancy of students and the increase of the psychological and pedagogical competence of parents and teachers in terms of preserving the child's physical and mental health. The study involved 357 students of 9-11 grades: 146 boys and 211 girls aged 15-17, 110 parents, 18 teachers. The data of the research have shown that the value of a healthy lifestyle, both for boys and girls of senior school age is important, but not the dominant one. The condition for the formation of a healthy lifestyle is the environment of adolescents and the presence of a number of individuals who are examples for imitation. Introduction of the technology aimed at the formation of the value of healthy life style (HLS) the researchers managed to provide complete information on the role of health and its components, which contributed to a rethinking of life values and motives of actions.

Keywords

A healthy lifestyle, Health, School age, Values

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